

WOW News



Never GAIN another pound!?

The average adult gains 1-3 pounds every year. Year after year this *pattern* adds up to serious health challenges. What does it take to stop this *pattern of weight gain* so one can enjoy better health? **2,000 more steps daily** -about one mile more a day stops weight gain & can change your life.



It takes about 15-20 minutes to walk 2,000 steps. This does not mean weight loss; it means *no more weight gain*.

If you realize you need to make changes in your life, commit yourself to "stopping weight gain".

Think about this: The #1 excuse for not walking is "I don't have time!" Try this: write down in 30-minute intervals everything you do in a 'typical' day from getting out of bed in the AM to bed-time. Did you find TIME you didn't think you had? Why not *schedule walking* into your day and stop gaining weight?

By taking a few more steps we can all live healthier, happier, longer lives.



Walk 2,000 more steps on most days.

April 2004

[TV Turn Off](#)

[9 for Men](#)

[Get Asthma Help](#)

[Fitness Club Discounts](#)

[Pedometer Discounts](#)

There's More.....

Walk to Work Day	2
Employee Health & Fitness Day	2
Fruit Salad	3
CONTEST	3
Is lifestyle slowly killing you?!	4-5

[Click here](#)



- Sky rocketing health care costs.
- Epidemic rates of diabetes, cardiovascular disease, and cancers.
- Childhood obesity.
- Sedentary lifestyles.
- Unhealthy habits linked to Michigan's economy.

We see and hear it everywhere we turn. YET the problem/solution is personal CHOICES.

Michiganians have the power to improve their health by making better "choices".

It's easy, it's free, and it may save your life:
Start by joining thousands of Americans who are walking to work on April 2nd.

"30 minutes a day can have a real positive affect on your health", says Tommy Thompson, the U.S. Secretary of Health & Human Services. **I'm encouraging every American to walk to work on April 2.** For those of you who live too far away to walk to work, find another time to walk during the day. Walk before work, walk after work, walk during your lunch break, or if you smoke, give up your smoke break and go for a walk--without your cigarettes. And take a coworker with you. Just by taking a few simple steps we can all live healthier, happier, longer lives."

State of MI employees (S.O.M.E.) — worksites
May 19, 2004

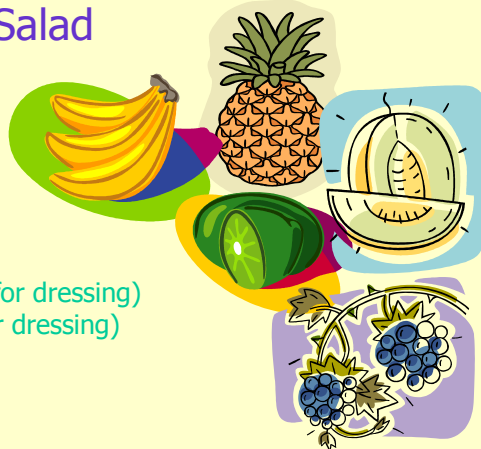
"National Employee Health & Fitness Day" [Click for ideas.](#)

Start now & plan a "wellness" celebration.

Glorious Fresh Fruit Salad

INGREDIENTS:

- 2 apples, thinly sliced, unpeeled
- 1 c green or red grapes, seedless
- 1 banana, sliced
- 1 16 oz. can pineapple chunks, drained
- 1 c cantaloupe, cut up
- 1 kiwifruit, peeled and sliced
- 1/4 c sour cream, low fat or sour cream substitute (for dressing)
- 1 c cottage cheese, low fat, small curd, creamed (for dressing)
- 1 c yogurt, vanilla, low fat (for dressing)
- 2 T honey (for dressing)
- 2 t lime juice (for dressing)



PREPARATION METHOD

To make dressing, combine sour cream, cottage cheese and yogurt. Mix well. Blend in honey and lime juice. To make salad, combine first five fruits with a little of the dressing; garnish with slices of kiwifruit. Serve remaining dressing separately.

Makes 6 servings.

NUTRITIONAL INFORMATION (per serving)

Calories: 230

Cholesterol: 7 mg

Fiber: 3 g

Fat: 2 g

For information on how to get your 5-9 a Day the color way, please see visit www.aboutproduce.com.

NEW A monthly Contest & FREE Drawing

ALL EMPLOYEES

are invited to enter the contest.

There will be a QUESTION, and the ANSWER can be found in the WOW website's articles.

Send your answer in
WOW e-mail
by April 16th



Click on the **NOSE** for the question

The **names of the employees e-mailing the correct answer** will be put into a monthly drawing for a **FREE gift**.

The winner will be announced in the following month's **WOW mass e-mail**.

Watch monthly in WOW News for the contest!

Is your lifestyle shortening your life or slowly killing you?!

Eating healthy and being physically active are choices we make on a daily basis. Knowing it is good for us; knowing what is healthy for us does not necessarily mean we do it regularly, or at all. If it is a choice, why do we not choose to be healthy?

Two thirds of cancer deaths are due to lifestyle choices. **April is Cancer Control Month.** The American Cancer Society (ACS) says one can lower the risk of cancer by:

- ♦ eating healthy,
- ♦ exercising regularly,
- ♦ not smoking

Begin to control your risk of cancer by finding physical activities that are ENJOYABLE to you. This will help to increase your success of developing a life-long change. Consider these 2 questions to find “what is right for you”:

- ♦ Do you prefer time to yourself, or with others?
- ♦ Are you seeking *energy* (as aerobics) or *relaxation* (as yoga)?

REMEMBER: it does not have to be 30-60 minutes at a time. You can benefit from even small amounts of *moderate activity throughout your day*. The ACS defines “moderate” activity as anything that makes you breathe as hard as you do during a brisk walk. Add more physical activity to your hectic day by:

- ♦ Walking at lunch.
 - ♦ Parking in the farthest parking space.
 - ♦ Getting off the bus several stops early and walking to your worksite.
 - ♦ Making appointments with yourself for 10 minute walks.
 - ♦ Starting or joining a walking club of coworkers.
 - ♦ Exercising at your desk.
 - ♦ Wearing a pedometer everyday and logging your steps.
- Each week increase your average weekly steps by 10%.

continued

Next, eat a variety of healthy foods, especially foods from plant sources. **5 – 9 servings of fruits & vegetables** are recommended daily. A serving =

1 cup of vegetables or fruit = size of a baseball.

1 medium apple or orange = size of a tennis ball.

1 medium potato = size of a computer mouse.

1 cup of lettuce = size of the palm of your hand.

Stock your pantry with canned and frozen fruits & vegetables, which are as nutritious as fresh. Canned & dried beans are low-fat, high fiber alternatives to meat. Eating whole wheat/whole grains are better for you than processed white grains. Replace saturated and trans-fats with healthy fats as olive oil, peanut & other nut oils, and fish oils. Eat in moderation; **DO NOT SUPER-SIZE**, unless you share the meal with another person; and eat low-fat, non-processed meats. Limit or eliminate refined carbohydrates as pastries, sweetened cereals, pop, & sugars.

Set an example for your family by living a healthy lifestyle.

**The most important things to being healthy are to
GET UP and GET MOVING, and
EAT HEALTHY.
IT IS YOUR CHOICE!**

For more information on "Living Smart" visit the American Cancer Society @ www.cancer.org

WOW-Working On Wellness

can be your top priority.

Start today.